

ABOUT US

The Athletes Academy at Yeronga SHS is designed in collaboration with industry experts to support both outstanding and aspiring young athletes. Our platform empowers students from Year 7 to 12 to pursue their athletic goals while developing their academic pursuits.

The Yeronga Athletes Academy supports students in reaching their full potential in their chosen sport through individualised training programs. We have partnered with Athletix to offer tailored sessions in athletic development, including strength and conditioning, movement competency, and injury prevention. These sessions cater to different sports and age groups, ensuring an industry-standard approach to training.



QUALITY PATHWAYS TO SUCCESS

APPLICATION PROCESS

- Submit the application form to the school office or via email.
- Successful applicants will be invited to a trial at Yeronga SHS
- Academy coordinators will assess applicants.
- Students will be notified of acceptance or placement on the waiting list.
- Academy annual fees - \$150

APPLY NOW



(07) 3249 1400



enrolments@yerongashs.eq.edu.au



yerongashs.eq.edu.au



159 Villa Street, Yeronga QLD 4014



ELEVATE YOUR ACHIEVEMENTS



WHAT WE OFFER

The Yeronga Athletes Academy is designed to mentor and empower students at every stage of their high school journey, with a focus on developing well-rounded, holistic athletes.

Athletic Foundations	(Years 7-8)
Athletic Development	(Years 9-10)
Athletic Pathways	(Years 11-12)

The program offers students the opportunity to train with expert coaches, gain insights from elite athletes, and acquire the theoretical knowledge necessary for achieving peak performance in their chosen sport.



Year 7 and 8: Athletic Foundations

V9 Australian Curriculum

Areas of Focus:

- **Movement Skills:** Improving coordination, balance, agility, and flexibility.
- **Techniques:** Learning proper form.
- **Conditioning:** Building strength, endurance, and fitness.
- **Healthy Habits:** Focusing on nutrition, hydration, and sleep.
- **Teamwork:** Promoting collaboration and communication.



Year 9 and 10: Athletic Development

V9 Australian Curriculum

Areas of Focus:

- **Advanced Skills:** Mastering sport-specific techniques.
- **Strength & Conditioning:** Developing strength, power, and endurance.
- **Nutrition:** Optimising diet for performance.
- **Sports Psychology:** Boosting focus, resilience, and mental strength.
- **Leadership:** Taking leadership roles in teams.



Year 11 and 12: Athletic Pathways

Cert II Sport Coaching & Cert III Fitness

Areas of Focus:

- **Strength & Conditioning:** Tailored training for peak performance.
- **Injury Prevention:** Key strategies for recovery.
- **Leadership & Mentorship:** Guiding and mentoring younger athletes.
- **Career Planning:** Exploring career and education pathways.

ENTRY REQUIREMENTS

- Applicants must currently play or have the ability to play at a high level in their sport (e.g., Metropolitan West, club representation)
- Maintain high standards in academics, behaviour, effort, and attendance.
- Adhere to the Yeronga Athletes Academy behaviour contract and guidelines.

